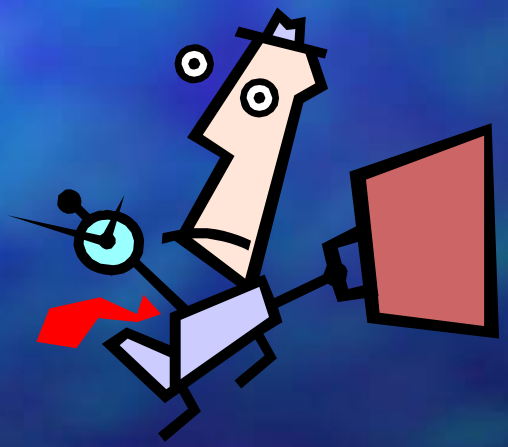
DAILY STRESS

Mark A. D. Long, Ed.D.
Health Promotion Program

Daily Stress

- Every day stressors and hassels can be a source of distress for you!



Stress

- Manage your stressors or the stress will find and manage you!

What does not work in dealing with stress!

- Avoiding the stressors…
- Worrying
- Blowing up
- Negative attitude
- Self destructive actions

Learn all you can about what causes stress in your life, and what works for you in dealing with it.

Dr. Arnold Lazarus
Dr. Clifford Lazarus

Stress Problem Solving Strategies

- Having a Plan!
- Obtaining Social Support!
- Using Effective Coping Skills
- A Positive and Optimistic Attitude!
- Learning from mistakes

Plan Ahead

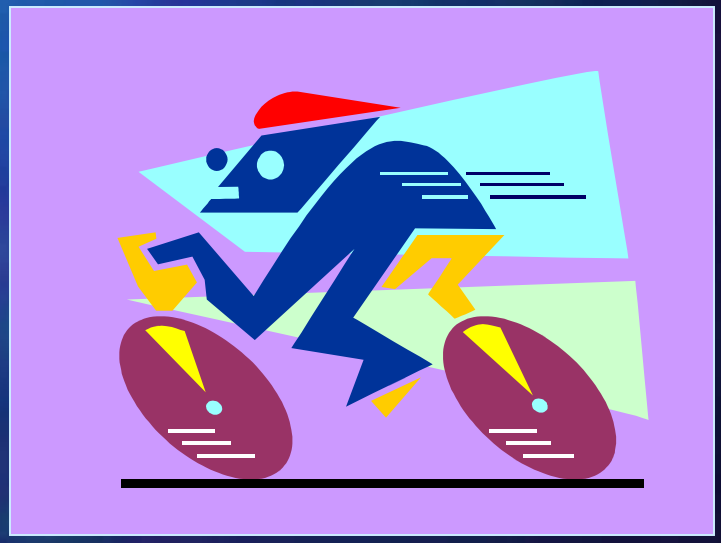
- Be prepared for the unexpected!
- Manage the morning, afternoon, Monday, Friday, etc… craziness

Planning

- How will you manage the am/pm rush hours?
- How are you prepared for the daily crisis?

Commuting

- Do you get frustrated and freak out?
- Get tense and uptight?
- Drive like a nut?
- Enjoy the ride?



Relax

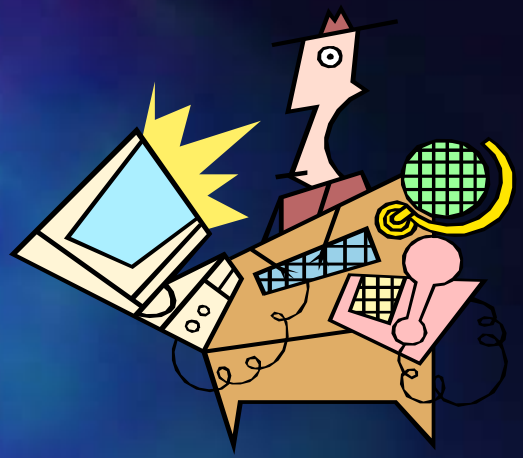
- How do I stay calm and cool?
- How do I chill out?
- When do I use my relaxing skills?

Stress Tip

- Slow deep breathing is probably the single best anti-stress medicine we have

Dr. James Gordon

Work Stress



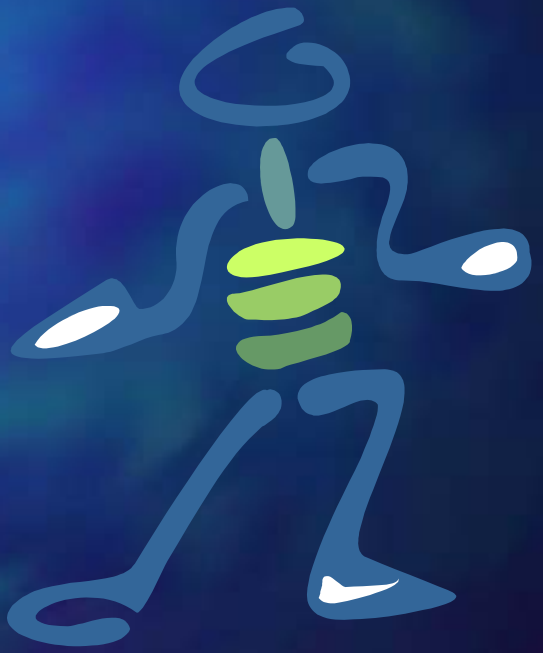
- Deadlines and pressures
- Surprises
- Interpersonal difficulties
- Role and rank issues
- Environmental stressors

How do I effectively cope with-

- Unexpected tasks and duties?
- Pressures?
- Long hours?
- Interpersonal difficulties?

Stress Busting Tip

- Schedule daily R & R breaks in your life!



Home Stressors

- Chores
- Finances
- Kids wanting attention
- Discipline
- Fun time
- Other

Home Stress

- How do I deal with my stressors at home?

Remember

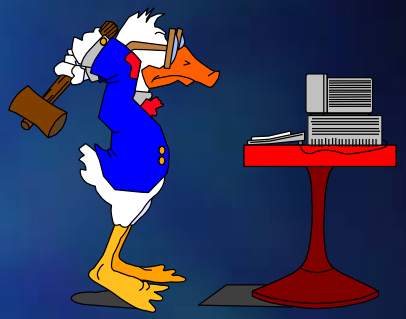
- Humor is life's greatest lubricant

Art Linkletter

Techno Stress

- E-mail and computers
- T.V.
- Phone
- Pagers
- Others

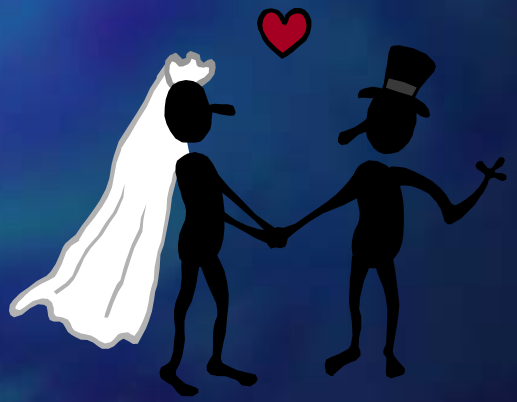
Coping with Techno Stressors



- Dealing with Information Overload?
- Turn off daily
- Tune out more often
- Answer e-mails, calls at set times

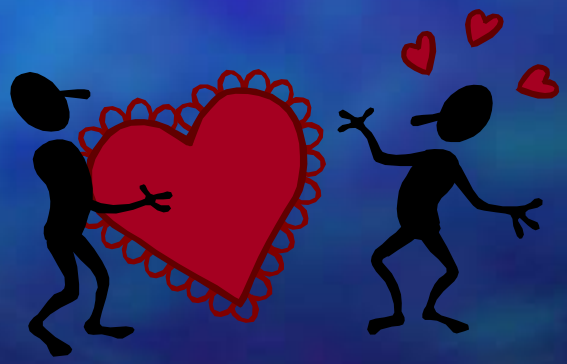
Love Relationships

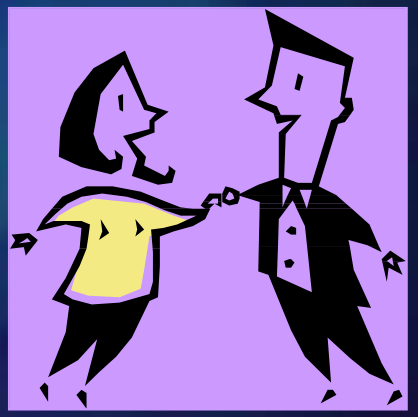
- Strained?
- Stressed?
- Distant?
- Great?



Love Relationships

- How do I plan for-
- Fun?
- Together time?
- Intimacy?
- Sharing?





Other Daily Stressors ?

- How can I manage them?
- (before they manage me?)

Remember

- If you are not ready today, you will be even less ready tomorrow!

Ovid

Stress Proof Your Life!

As best you can!

Summary

- Be Prepared!
- Develop a stress busting plan that works for you!
- You can control your responses to stressors!